

Which Pass Is Right for You?

	Daily	2-3 times per week (8-10 visits)	3-4 times per week (12-16 visits)	3-4 times per week 9 months or more/year
Recreational or Lap Swimmers	\$4.50 13 & older \$2.25 12 & under	\$38.50 monthly \$48 punch card 12 visits only	\$38.50 monthly, or \$330 yearly \$165 family for 3 months	\$330 yearly, or \$495 family if couple
Therapy Pool Open Time	\$3.25	\$38.50 monthly	\$38.50 monthly, or \$330 yearly \$165 family for 3 months	\$330 yearly, or \$495 family if couple
Therapy Pool Water Exercise	\$4	\$38.50 punch card 12 visits only	\$38.50 monthly, or \$330 yearly \$165 family for 3 months	\$330 yearly, or \$495 family if couple
Olympic Pool Water Exercise	\$4.50	\$48 punch card 12 visits only	\$48 punch card	\$48 punch cards or \$495 yearly, plus \$24 punch card if family members
Weight Room Users Only	\$4.50	\$48 punch card 12 visits only	\$38.50 monthly, or \$330 yearly	\$330 yearly, or \$495 family if couple

Senior discounts (age 65 & older) are available for monthly, yearly, and family passes.

Mary T. Meagher Aquatic Center

201 Reservoir Avenue
Louisville KY 40206

phone • 502/897-9949
email • parks@loukymetro.org
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**METRO
Parks**

Jerry E. Abramson
Mayor

Louisville Metro Council



MARY T. MEAGHER AQUATIC CENTER

Fall 2005 Schedule



September 6 - December 18



METRO
Parks



Olympic Pool Hours

Lap Swim and Weight Room

Monday - Friday	5 a.m.-9 p.m.
Saturday	9 a.m.-6 p.m.
Sunday	Noon-6 p.m.

Fall Recreational Swim

All daily recreational swimmers must present a photo ID to enter the facility.

ID's can be made for \$1 at the Mary T. Meagher Aquatic Center.

Swimmers 8 & under must be with a responsible chaperone 18 or older who can present ID.

Specified lanes may be used for non-lap swim during the following times:

Monday - Friday	Noon-3:30 p.m.
Friday	7-9 p.m.
Saturday & Sunday	Noon-6 p.m.

Please pick up a monthly special event and schedule change flier at the front desk.

Therapy Pool open hours are on page 5.

Fees	Children (3-12)	\$2.25
	Adults	\$4.50
	Therapy Pool Only	\$3.25 (1 hour maximum per visit; must have doctor's consent form on file)

12-Visit Lap Swim/Weight Room Punch Card: \$48

Monthly Pass

Individual, \$38.50

Family 3 Month Pass, \$165*

Yearly Pass

Individual, \$330

Family, \$495*

Senior Passes • Available to patrons age 65 and older

Individual, \$35/month

Family 3 Month Pass, \$150*

Individual, \$300

Family, \$450*

** Must be living in the same household*

**PLEASE CHECK
POSTED LANE
ASSIGNMENTS
FOR LANE
AVAILABILITY!**

Patrons who pay the daily fees or have monthly/yearly passes may use the Weight Room.

Youths under the age of 16 must have direct supervision
by a parent or responsible adult when using weight equipment.

Have Your Next
Birthday Party
at the
Mary T. Meagher Aquatic Center!

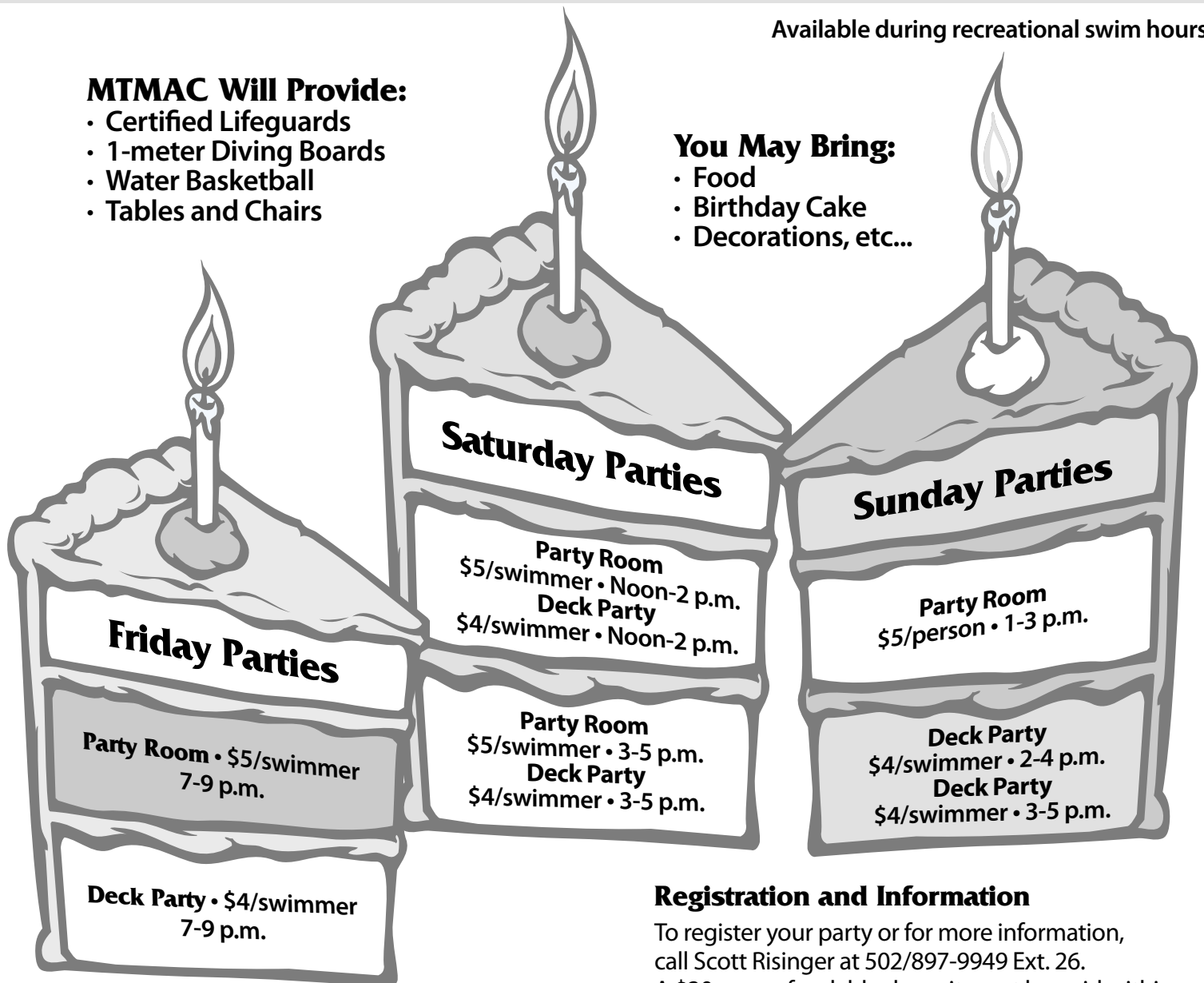
Available during recreational swim hours

MTMAC Will Provide:

- Certified Lifeguards
- 1-meter Diving Boards
- Water Basketball
- Tables and Chairs

You May Bring:

- Food
- Birthday Cake
- Decorations, etc...



Friday Parties

The pool closes at 9 p.m., and all visitors are asked to be out of the facility by 9:15 p.m.

Saturday Parties

Saturday parties are 2 hours only. Please have your area cleaned up no later than 15 minutes after your party has ended.

Registration and Information

To register your party or for more information, call Scott Risinger at 502/897-9949 Ext. 26. A \$20 non-refundable deposit must be paid within one week of booking the party; it will be applied toward the final cost of your party. Cash, check, Mastercard and Visa are accepted (D.L.# required on checks or money orders). Checks should be made payable to Metro Parks, and payment can be made in person or mailed to the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville KY 40206, attn: Scott Risinger.

*Children age 2 and under will be charged for reserved birthday parties.

Therapy Pool Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
8 a.m.	CLOSED	Low Impact	Open Time	Low Impact	Open Time	Low Impact	CLOSED
9 a.m.	CLOSED	Open Time	Open Time	Open Time	Open Time	Open Time	Swim Lessons
10 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	Baby Splash Adv 10:30-11	Stroke Club	Swim Lessons
11 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	Baby & Me/ Baby Splash	Arthritis Class	Low Impact
Noon	Open Time	Arthritis Class	Yoga	Arthritis Class	Aqua Chi	Arthritis Class	Arthritis Class
1 p.m.	Open Time	Arthritis Class	Open Time	Arthritis Class	Adapted Leisure	Arthritis Class	Open Time
2 p.m.	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
3 p.m.	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
4 p.m.	Open Time	Low Impact	Open Time	Low Impact	Open Time	Low Impact	Open Time
5 p.m.	Open Time	Arthritis Class/ Arthritis Plus*	Baby & Me 5:30-6	Arthritis Class/ Arthritis Plus*	Open Time	Arthritis Class/ Arthritis Plus*	Open Time
6 p.m.	CLOSED	Swim Lessons	Swim Lessons	Open Time	Swim Lessons	Open Time	CLOSED
7 p.m.	CLOSED	Open Time	Open Time	Open Time	Adapted Leisure	Open Time	CLOSED
8 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Fees for Aqua Exercise Classes held in the Therapy Pool

If you purchase an Aquatic Center monthly, yearly or family pass, classes are free.

If you do not purchase an Aquatic Center monthly, yearly or family pass, classes are \$4 per day - or you may purchase a 12-visit Aqua Card for \$38.50.

All persons using the Therapy Pool must have a consent form signed by a doctor on file. Forms may be obtained at the front desk.

*Arthritis Class/Arthritis Plus

The first 45 minutes of the class will be a regular arthritis class, with the last 15 minutes of the class allocated for building strength. Participants may stay for 45 minutes or 1 hour.

Aqua Exercise

Mondays, Wednesdays and Fridays

7-8 a.m.	Deep Water Class*
8-9 a.m.	Introduction to Deep Water / Deep Water Class (Monday & Wednesday only)*
8-9 a.m.	Aqua Exercise
9-10 a.m.	Cardiac Class (Monday & Wednesday only)
9-10 a.m.	Aqua Exercise
10-11 a.m.	Aqua Exercise
11 a.m.-Noon	Aqua Exercise
5:30-6:30 p.m.	Aqua Exercise
6:30-7:30 p.m.	Deep Water*

Tuesdays and Thursdays

7-8 a.m.	M.S. and related conditions
8-9 a.m.	Step Aerobics / Aqua Exercise (Participant may choose to use step equipment)
9-10 a.m.	Pre- and Post-Natal Class (Thursday only)
9-10 a.m.	Aqua Exercise
10-11 a.m.	Aqua Exercise
11-11:30 a.m.	Baby & Me Exercise (Thursday only) \$2.25 per class. Swim with your infant while you exercise in the therapy pool.
11 a.m.-Noon	Waterwalking
Noon-1 p.m.	Yoga in Therapy Pool (Tuesday only)
5:30-6 p.m.	Baby & Me Exercise (Tuesday only) <i>See description above</i>

Saturdays

11 a.m.-Noon	Deep Water*
Noon-1 p.m.	Aqua Exercise

Sundays

12:30-1:30 p.m.	Aqua Exercise
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Fees for Aqua Exercise Classes held in the Olympic Pool

If you purchase a monthly/yearly pass, the daily fee is \$2.25 - or you may purchase a 12-visit Exercise Card for \$24.

If you do not purchase a monthly/yearly pass, the daily fee is \$4.50 - or you may purchase a 12-visit Exercise Card for \$48.

You may take a second class on the same day for only \$1!

**Participants must be comfortable in deep water.*

**REMEMBER
TO
LOCK
YOUR
LOCKER!!!**

Swim Lesson Schedule

Weekday Sessions

Classes are offered on Monday/Wednesday, Tuesday/Thursday and Saturday schedules

Session IMon & Wed, Sept 12-Oct 5
Sept 12, 14, 19, 21, 26, 28, Oct 3, 5
Tue & Thu, September 13-October 6
Sept 13, 15, 20, 22, 27, 29, Oct 4, 6

Session IIMon & Wed, Oct 10-Nov 2
Oct 10, 12, 17, 19, 24, 26, 31, Nov 2
Tue & Thu, Oct 11-Nov 3
Oct 11, 13, 18, 20, 25, 27, Nov 1, 3

Session IIIMon & Wed, Nov 7-Dec 7*
Nov 7, 9, 14, 16, 28, 30, Dec 5, 7
*No classes week of Nov 21-24

Tue & Thu, Nov 8-Dec 8*
Nov 8, 10, 15, 17, 29, Dec 1, 6, 8
*No classes week of Nov 21-24

Weekday Class Times

Mon & WedPreschool2-2:30 p.m.
Preschool2:45-3:15 p.m.
Preschool3:30-4 p.m.

Tue & Thu.....Preschool6-6:30 p.m.
Grade School6-6:40 p.m.
Preschool6:35-7:05 p.m.
Grade School6:50-7:30 p.m.
Adults7:30-8:10 p.m.

Saturday Session

Session ISept 10, 17, 24, Oct 1, 8, 22, 29, Nov 5*
*No class Oct 15

Saturday Class Times

Session IAdvanced Preschool 7:50-8:30 a.m.
Baby Splash Adv IV8:30-9 a.m.
Baby Splash Adv III9-9:30 a.m.
Preschool9-9:30 a.m.
Baby Splash II9:30-10 a.m.
Grade School9:40-10:20 a.m.
Baby Splash I10-10:30 a.m.
Preschool10:30-11 a.m.
Grade School11:10-11:50 a.m.
AdultNoon-12:40 p.m.

Fees

Preschool/Baby Splash.....\$45
Adv. Preschool/Grade School/Adult.....\$50

No refunds are permitted.

There is a \$10 fee to transfer to another class.

Adult Lessons

Tuesday & Thursday evenings · 7:30-8:10 p.m.

Session ISept 13-Oct 6

Session IIOct 11-Nov 3

Session IIINov 8-Dec 8

Adult lessons are also available on Saturdays

Baby Splash & Baby Splash Advanced

MondaySept 12, 19, 26, Oct 3, 10, 17, 24, Nov 7*
Baby Splash I6:35-7:05 p.m.

*No class Oct 31, Halloween

ThursdaySept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3
Baby Splash II10:30-11 a.m.
Baby Splash I11:30 a.m.-Noon

Baby & Me Exercise

Swim with your infant while you exercise in the therapy pool.

Tuesday5:30-6 p.m., \$2.25 per class

Thursday11-11:30 a.m., \$2.25 per class

Discounts

Patrons with monthly or yearly passes receive a \$5 discount for each swimmer. Register more than one family member at the regular price and receive a \$5 discount for each additional swimmer. You must register for the same session. For more information about these programs call Kathleen Davis at 502/897-9949, ext 23.

Swim Lesson Programs

Baby Splash

Level I • 6 to 36 months

Baby Splash class serves as a safe introduction to the water for very young children. Infants and parents share this first aquatic experience together while building a lifelong bond. Infants are required to wear tight fitting swimsuits; Huggies swim diapers are acceptable.

Level II & III • 9 to 36 months

Prerequisite: Baby Splash I. Babies improve fundamental swimming and recovery skills. Infants are required to wear tight fitting swimsuits; Huggies swim diapers are acceptable. Level III class is taught in the Olympic Pool.

Level IV • 24 to 36 months

Prerequisite: Baby Splash II & III. Babies learn to swim with the aid of a flotation device. Parents are spectators. Babies are expected to respond to the instructor and will swim independent of their parent. This class is taught in the Olympic Pool.

Preschool

3 to 5 years

Our Preschool class focuses on water adaptation, basic safety skills and beginning stages of swimming independently. Emphasis is on kicking, floating and air exchange as they apply to safe movement through the water. Parents are spectators during these classes.

Advanced Preschool

Up to 5 years

Instructor's approval required. These children have had extensive experience in the water. They will work on independent swimming on their fronts and backs, as well as breathing technique. This class is taught in the Olympic Pool.

Grade School

These classes teach youngsters the building blocks of the four basic swimming strokes (front crawl, backstroke, breaststroke and butterfly) in a progressive manner. Age and/or swimming ability determine placement of students into appropriate classes. Personal growth, safety and skill development are focused upon in this class.

Adult

All ages, all abilities

Whether you have never learned to swim, are trying to overcome a fear of the water, or are training for a triathlon next year, adult swim lessons at MTMAC are for you! Our instructors will help you develop goals while increasing personal safety and improving your swimming skills.

Registration

All classes require paid registration prior to participation and are on a first-come, first-served basis. Class size is limited to 12 students. Cash, check, Mastercard and Visa are accepted (D.L.# required on checks or money orders). Checks should be made payable to Metro Parks. Payment must be made in person at the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville KY 40206.

Information

The Metro Parks Aquatics office is located at 201 Reservoir Avenue, between Frankfort Avenue and Brownsboro Road. For additional program information, call 502/897-9949 and ask for Kathleen Davis, Supervisor of Aquatic Programs for Metro Parks.